

## A.P.A. MENTAL HOSPITAL SERVICE

# Bulletin

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### VOLUNTEERS

#### VOLUNTEERS EXEMPLIFY COMMUNITY COOPERATION 11-17

TOPEKA (KANS.) STATE HOSPITAL estimates that volunteers have given it about 8,000 hours of service during the past two years. Volunteers consist of members of SHARE (State Hospital Aides in Recreation and Entertainment), the Red Cross, the Cosmetologists' Association, and the Junior League.

In March, 1949, when SHARE was first organized, there were 20 volunteers who worked regularly at the hospital. By December, 1950, 130 volunteers were helping out on weekly and semi-monthly schedules. Seventy-seven of them were from SHARE.

Regular volunteers play games on the wards, take patients downtown, or help with craft work, shopping, reading, letter writing, and beauty treatments. They also serve in the lobotomy ward, besides assisting the nursing and dietary departments.

In addition to these volunteers, some 75 women in Topeka and 50 in other areas have made more than 500 dresses for women patients. With the aid of the Red Cross, and with materials supplied by the state, they assemble surgical supplies. Approximately 30 women help the Red Cross by baking cakes for hospital birthday parties; 15 more volunteers are on a part-time "call-as-needed" basis. During the Christmas rush period some 60 YWCA members and school students helped wrap Christmas presents for the patients.

The past Christmas season is a shining example of the widespread community interest in the hospital. A city-wide drive resulted in a Christmas present for every patient. Local electrical firms donated and installed Christmas lights and colorful electrical displays. Women's clubs took up collections of gifts at their meetings. The gifts were brought to the hospital and placed in a small model house set up under a tall, colorfully-lighted evergreen in front of the administration building. The gifts were wrapped by volunteers and distributed on Christmas morning by nine Santa Clauses. The entire Christmas program was sponsored jointly by the Women's Chamber of Commerce and the Topeka State Journal.

### ENCLOSED WITH THIS ISSUE

are a reprint of "Planning a Mental Hospital of Fifteen Hundred Beds," by Dr. Samuel W. Hamilton and Mary E. Corcoran (from the December issue of *Disease of the Nervous System*), and a copy of the Draft Act Governing the Hospitalization of the Mentally Ill, which has just been released by the National Institute of Mental Health.

### PATIENTS

#### GIFTS FOR OTHERS 17-27

PATIENTS AT EASTERN STATE HOSPITAL, Williamsburg, Va., have received gratification from making gifts for others. Through the Red Cross they have received thanks for party favors they made for patients in a veterans hospital and knitted wash cloths for a general hospital.

At Christmas time some patients on their own time knitted 84 scarves to give away. Another group supplied 30 aprons for a kitchen party.

#### MENTAL DEFECTIVES' COLONY WINS HONORS AT STATE FAIR 17-29

THE STATE COLONY AT WOODBINE won first place in the competitive exhibit of articles made by inmates of all the state institutions, which was held at the New Jersey State Fair. The accolade gains even more value in the light of Woodbine's patient population, made up of mental defectives of the lowest level of intelligence. (As compared to the average chronological age of 20 years, the typical mental age is two years and three months!) Consideration is also due the fact that they competed against mental hospitals and penal and correctional institutions, as well as other institutions for mentally deficient.

Recognition at the State Fair is proof of the success of Woodbine Colony's training courses. Persistent habit training is the keynote. All projects are geared to the child's level—simple handicraft, music, play, etc. The training program began in 1929 with the addition of a teacher to the staff. The school department has expanded gradually until now approximately one-fourth the population of nearly 1,000 is receiving directed classwork.

### RESEARCH

#### MALARIA THERAPY RESEARCH AT MILLEDGEVILLE, S. H. 14-15

THE COOPERATIVE MALARIA THERAPY PROGRAM of the Milledgeville (Ga.) State Hospital and the U.S. Public Health Service is completing its fifth year of successful operation. During this period more than 500 malaria inoculations have been done in treatment of patients with general paralysis or other forms of neurosyphilis.

Because of the unique opportunity afforded by this program to study the malaria infection under closely controlled clinical and parasitological observation, it has been possible to learn a great deal concerning the disease during the past five years. The laboratory maintains four strains of malaria parasite and an insectary where several different mosquito vectors are raised in large numbers. In addition to observations on the clinical and parasitological course of the infection, information has been compiled concerning the definite incrimination of mosquito vectors from various parts of the world, the possible infectivity of foreign malaria to native mosquitoes, the stages of malaria infection during which a patient can be considered a potential carrier (i.e. can infect mosquitoes), etc. Additional information has been collected concerning the newer drugs developed for use in suppressing and curing the malaria infection. Investigations along these general lines are continuing.

One service maintained by the laboratory which is of interest is its "mail order business" in infective material for induction of malaria. Therapeutic malaria is used quite widely in institutions where the number of recipients is too low to justify maintaining malaria strains on a permanent basis. The Milledgeville laboratory furnishes the desired infective blood for inoculations to requesting physicians and institutions.

#### COOPERATIVE RESEARCH IN BRITISH COLUMBIA 14-13

THE PROVINCIAL MENTAL HEALTH SERVICES of British Columbia, in cooperation with the Faculty of Medicine at the provincial university have established a neurophysiological research colony on the campus. The university provides the accommoda-

tions and the federal Mental Health Grant furnishes the equipment and salaries.

The first problems to be undertaken by the research unit are the development of cytological and neurophysiological methods of investigating cerebral dysfunction in lobotomized and non-lobotomized mental patients.

# STUDY PUBLIC AND PRIVATE MENTAL HEALTH TRENDS 14-14

THE UNIVERSITY OF TORONTO, Ont., is analyzing the long-term costs of public and private mental health services in Canada and the advantages of certain forms of treatment and service. The study, which is expected to take about three years to complete, will cost approximately \$10,000 a year. It is being financed by grants from the federal health department.

Its first phase will be a study of the trends in legislation, administrative organization, and costs, as well as patterns in the development of hospitals, homes, clinics, and other physical facilities for the care of mental illness. Next will be a detailed analysis of the costs of public and private mental health services in recent years to uncover the trends in expenditure, per capita costs of institutional care, and the costs of various parts of the mental health program, such as clinics, boarding homes, and hospitals. The third phase will attempt to evaluate in dollars and cents the parts of the mental health program which stress prevention and rehabilitation, including community mental health clinics, occupational therapy programs, foster homes, and cottage institutions for the senile. The place that patients who have had brain surgery can take in the community will also be studied.

These three investigations are expected to raise other questions about the economic burden of mental illness to the whole community. This research is being supervised by the director of the school of social work. It will be closely linked with the teaching program for psychiatric social workers, and the students are expected to make an important contribution to the study.

## RECREATION

### RECREATION FACILITIES CONSTRUCTED AT EDGEWOOD 19-29

A MINIATURE GOLF COURSE, which combines therapy and recreation for patients, was recently constructed at Edgewood Sanitarium Foundation, a private mental hospital in Orangeburg, S. C. The nine-hole putting greens are of the umbrella type with a 75-foot circle. Ten feet in diameter, they are spaced approximately 150 feet apart.

Within the past year the hospital has also added a swimming pool which is considered valuable for therapy as well as entertainment. It is 50 by 20 feet; the depth varies from 30 inches to 9 feet. There is a constant 3-inch flow of water. During the cold weather the pool is used as a water reservoir for fire control. The hospital has also built a dock for fishing on a nearby river.

Recreational therapy at Edgewood includes trips to Charleston to get oysters, visit historical sights, or view the azalea gardens.

Recently the institution and its grounds were turned over to the non-profit Edgewood Sanitarium Foundation by its former

owner and psychiatrist-in-chief, Dr. Orin R. Yost. Services will be extended to include treatment of many needy cases of mental illness.

### TV PROGRAMS DIVERT JUVENILE PATIENTS 19-28

TELEVISION SETS are helping to provide better care for the mentally deficient children at the Southern Wisconsin Colony and Training School at Union Grove, Wis. Groups of 30 to 40 children will watch the programs without engaging in the disturbances that usually arise from restricting a large group of children to a limited space. This allows the attendants more free time to catch up on their duties and permits them to devote more attention to individuals who need it.

Also, the children show great interest in documentary events, such as the Presidential inauguration, and are stimulated to freer oral expression.

The school now possesses four video sets, three of which were donated by local charitable organizations; the fourth was purchased with the profits from the commissary Coca-Cola machine. One set was placed in the TB cottage to provide entertainment for the isolated group.

### PANAMA HOSPITAL PATIENTS STAGE OUTDOOR PAGEANT 19-31

PATIENTS OF THE RETIRO MATIAS HERNANDEZ HOSPITAL for mental patients, Republic of Panama, participated in a gala Christmas fete presented on the hospital lawn on December 23. They were assisted by the Pan American Institute Chorus and pupils from the Buen Pastor correctional school for women. The program featured singing, poetry recitations, folk dancing, skits, and a tableau. A male patient acted as master of ceremonies.

The entertainment was attended by health authorities of the Republic and invited guests from the Canal Zone, in addition to some 500 hospital patients.

### NUTRITION CLASSES HELD FOR PATIENTS 19-30

A CLASS IN NUTRITION is conducted by one of the staff physicians for patients at the Owen Clinic, a private mental hospital in Huntington, W. Va. Class participants learn the vitamin, mineral, and caloric content of different foods, and, with the aid of a food value chart, devise menus. They compute the number of servings, amount of calories per portion, and estimated costs. The course is especially helpful in teaching housewives to select and prepare a variety of healthful foods.

## TRAINING

### WIRE RECORDINGS USED IN TEACHING 10-22

FOR THE PAST THREE YEARS wire recordings have proved highly effective in teaching psychiatry to the resident staff and nurses at the Pilgrim State Hospital, West Brentwood, N. Y.

A record of an interesting syndrome can be used when it might be difficult to find a patient to demonstrate certain points.

The wire recordings have served a useful purpose, too, in recording productions of patients under sodium amyltal narcosis.

The ideation of patients before and after treatment with the various shock therapies or lobotomy can also be recorded.

### PSYCHOLOGY INTERNS LEARN ABOUT HOSPITAL 10-23

THE V.A. HOSPITAL AT FORT LYON, COLO., has a program for acquainting their psychological interns, most of whom are having their first experience in a mental hospital, with all its activities and departments.

The interns attend staff meetings and the semi-weekly lectures for psychiatric residents. They spend a day observing patients in the insulin ward, a day with patients receiving EST, and one day on the admission ward. For half a day they make rounds with the chief of internal medicine and for another half day with the chief of physical medicine, observing fever therapy during the latter period. Another half day is devoted to the medical laboratory.

They also attend lectures for volunteers one day. Further training includes a visit to the educational therapy department, a day and a half at OT, a day with special services, and a few hours with the social service department. The interns also attend a patient picnic.

In addition, they are present at an autopsy. They watch a frontal lobotomy and follow the patient's progress after the operation.

These visiting periods are interspersed through the regular psychological training period as the time and occasion permit. Trainees discuss their observations later with the chief psychologist.

### CONTINUOUS CASE SEMINARS 10-18

EXPERIMENTAL SEMI-WEEKLY DISCUSSIONS of cases were so successful as a method of teaching at the Hillside Hospital, Belle Rose, N. Y., that they are being continued. The case under treatment is used as a springboard for the discussion of psychodynamics, practical diagnosis, clinical psychiatry, etc. Although the seminars were originally planned to replace the didactic lectures on these subjects, the medical board has decided to include both types of instruction.

Included in the courses are demonstrations by representatives of manufacturing concerns in the use of institutional food service equipment. The State Department of Health furnishes lectures on sanitation, and trainees are taken on a field trip to observe methods used in a large industrial cafeteria.

### SOCIAL WORK STUDENTS TRAIN AT STATE HOSPITALS 10-17

STUDENTS FROM FIVE SCHOOLS OF SOCIAL WORK are now taking field work placements in ten New York state institutions for the mentally ill or mentally deficient. The affiliate schools are at Fordham University, Adelphi College, Columbia University, Smith College and the University of Buffalo.

During the past 21 years, 300 students have received training at state institutions. The hospitals gain many benefits from such programs—the staff is stimulated by association with a university, many students become interested in working at state hospitals after graduation, the students can participate in research projects, and those who have some experience at state hospitals are better able to interpret these institutions to the community in whatever agency they join.

LET OTHER HOSPITALS SHARE IN YOUR PROGRESS — TELL ABOUT IT ON THE ENCLOSED REPORTING FORM.

## STATISTICAL BOOK

M.H.S. now has a collection of the machine records statistical cards, the codes, and descriptions of the statistical methods used in California, Illinois, Louisiana, Michigan, Nebraska, and Pennsylvania.

This notebook will be loaned on request to individual hospitals for a period of one week.

All loan copies should be returned without any unnecessary delay so that they can remain in constant circulation.

When requesting the notebook, please send 20c in stamps to cover postage.

## MENTAL HOSPITAL ON "WE THE PEOPLE"

THE VALUE OF MUSIC as a therapeutic agent in psychiatric hospitals was discussed by Dr. Crawford N. Baganz, manager of the Lyons (N. J.) V. A. Hospital, on the radio program "We the People". The discussion was appropriately supplemented by music from the patients' orchestra.

## NURSING AIDE OF THE YEAR

Miss Eileen Bunyan of the Monson (Mass.) State Hospital was presented the National Association for Mental Health's Outstanding Nursing Aide of the Year Award at impressive exercises held in the Palmer (Mass.) High School Auditorium on January 28.

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Subscribers may request further details about any item appearing in the Bulletin. A post card request with reference to the number of the item is sufficient.

All subscribers are urged to contribute items to the Bulletin about developments in their hospitals.

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**M.H.S. Regional Representatives:** Selected to represent different types of mental hospitals, institutions, and government services in all States and Canadian provinces. List available on request.

The judges selected Miss Bunyan for her ability to win the cooperation of other employees and to contribute outstanding care and happiness to a large number of children at the hospital.

Applications for the award were judged by Pearl S. Buck, noted writer and trustee of the Vineland (N. J.) Training School; Richard H. Hungerford, President of the American Association on Mental Deficiency; Albert Deutsch, feature writer; Mildred Thomson, past president of the American Association on Mental Deficiency; and Alan H. Samson of the Children's Benevolent League.

Participating in the ceremony were the director of the Massachusetts Society for Mental Hygiene, the chairman of the hospital's board of trustees, the hospital superintendent, the superintendent of nurses, parents of two patients, the acting commissioner and the chief supervisor of psychiatric nursing of the department of mental health, a representative of the governor, two clergymen, and Mr. Hungerford. Oren Root, president of the National Association, presented the award.

## EQUIPMENT

### NEW MOUTH GAG FOR SHOCK THERAPY 20-16

FITZSIMMONS ARMY HOSPITAL, Denver, Colo., is using a new type of rubber mouth gag for electric shock therapy. The device, which was invented by a Denver dentist, is made of latex rubber. The gag has a horseshoe-shaped bit with a shield along the exterior curve. A hollow tube, extending 1½ inches beyond the outer side of the shield, connects through the center of the shield to an opening in the bit piece.

The mouth gag is inserted prior to administering electric shock therapy. The patient bites down on the horseshoe-shaped bit and his lips are placed outside the shield. The tubular projection allows a continuously free airway regardless of how hard the patient clamps his teeth on the gag. In addition, there is a through-and-through channel on the upper side of the tube, allowing insertion of other tubes, such as oxygen or suction.

Fitzsimmons hospital reports that this is by far the most effective type of mouth gag for electric shock therapy they have ever used. It can be cleansed with soap and water and may be boiled without damage to the latex.

The gag may be purchased directly from the inventor for approximately \$2.50 each. Sketched diagrams and source may be obtained from M.H.S.

### NEW FURNITURE IN DINING-ROOM 20-15

THE ATTENDANTS' DINING-ROOM at State Hospital South, Blackfoot, Idaho, now has scratch-proof and fire proof plastic-topped furniture. The new furniture, finished in a light color, was fitted with legs obtained from Army surplus sources.

**WANTED:** Information about new developments, new ideas, or new techniques in use at YOUR institution. Reply on the enclosed reporting form.

## EDITORIAL

We all know that these are trying and complex times, and that the complexities are going to get worse before they get better. Those in responsible positions need not fear the final outcome, but they probably wonder if they will live long enough to see the mess cleaned up.

This situation affects everybody, but perhaps it will affect psychiatric hospitals more than it will any other medical activity. During the last emergency mental hospitals were considered on the outskirts of all "planning." They got little or no consideration from allocation boards, wage control boards, state legislatures, union leaders, or anybody else except the small, unorganized minority who were responsible for the care of the hospitalized mentally ill.

One could get neither priorities nor wage reliefs, neither materials nor the labor to install them. As a result, both buildings and staffs deteriorated terribly.

Now we are faced with an emergency that might continue two or three times as long. Any hospital administrator who went through the last one shudders every time he views the prospects of the future. But there is some hope, and it is in a united front dedicated to the common purpose of doing much better this time, and especially of conserving the gains of the past few years. There is at this time no national organization of all mental hospitals, like the National Association of Manufacturers, that can set up a lobby in Washington and get specific relief by law for its members.

But we do have the Mental Hospital Service, established by the A.P.A. last year. Its primary purpose is to help hospitals improve themselves by their own efforts and to act as a clearing house for mutual aid. But now it has an important secondary purpose, which is to help us hold our gains by furnishing a way to trade the experiences and knowledge that will assist us in meeting these new situations. And, what is also of great importance, M.H.S. provides the advice and council of a number of experienced men to help us solve these new problems. This Service is available now to all hospitals, including those that are privately owned and controlled, without cost.

In the very near future the Mental Hospital Service must be supported by those who are going to benefit by it. In order to continue this Service, each hospital will have to contribute its share of the expenses. Since there are not enough public hospitals to carry M.H.S. alone, a large number of privately-owned hospitals must join in order to make it self-supporting.

This is an appeal to the privately owned and operated mental hospitals to think how valuable such a service would have been from 1942 to 1945. Think what it would have meant in those dark days if you had had somewhere to turn for help in solving the many problems. Those days are on their way back. They are not yet so bad and may not get so bad unless we have total war. Yet, while we are in only a partial emergency, this emergency will go on and on. It won't be long before all the old problems are back.

Let us have some help this time. Let us keep the Mental Hospital Service alive by joining it, and then let's use it.

G. WILSE ROBINSON, JR., M.D.

## COMMENTARY

## Books Pamphlets Reports Periodicals

(Commentary's chief purpose is to call the attention of MHS subscribers to articles, reports, pamphlets, books, or other documents that have been published elsewhere and are of particular interest to mental hospitals. When MHS has copies or reprints on hand for distribution or loan, this fact is noted in the column. For copies of other material, it is more expedient to write directly to the publisher.)

The January issue of *Hospital Management* features the Pennsylvania Hospital, Philadelphia, which is celebrating its 200th anniversary. One article, "Department for Mental and Nervous Diseases," goes into the history of the psychiatric section and touches on its present operation. Its description of the early forms of occupational therapy under Dr. Benjamin Rush is particularly interesting. "How One Hospital Disposes of Garbage" in the same issue tells how the Colorado State Hospital saved about \$101,846 in two years by feeding its hogs with kitchen waste. The hogs are slaughtered at commercial packing houses and eaten at the hospital.

The *American Journal of Nursing* for January carries some useful suggestions on "Preparing the Student for the Psychiatric Affiliation," by M. Elizabeth Reichert Smith, R.N. The article is based on replies to a questionnaire sent to instructors in psychiatric affiliations. The recommended time for affiliation is between the eighteenth and thirtieth month of a three-year course, it stated. Calling the students' attention to psychiatric conditions in the general hospital, visits to mental hygiene clinics, discussion groups, and individual conferences are suggested to pave the way for more successful adjustments to mental hospital work.

"Job Classifications and Salaries of Clinical Psychologists in State Service" are summarized by George R. Mursell of the Oregon Fairview Home in the *American Psychologist* for December. Data include job title, monthly salary, educational and experience requirements and the department or agency in charge. The author notes that the gap between the pay of psychiatrists and that of psychologists holding Ph.D.'s is decreasing.

Dr. Harvey J. Tompkins reviews the recommendations of the Group for the Advancement of Psychiatry on geriatrics patients in "The Aged Patient in the Public Psychiatric Hospital." It is published in the January-February issue of *Geriatrics*.

The *Menninger Quarterly*, winter issue, has a clever pictorial graph on the inside of its back cover contrasting the number of employees now working in state hospitals with the A.P.A. standards. It should prove an effective means of public education.

February's *Psychiatric Aide* (National Association for Mental Health) has three items of rather broad interest. One is a description of the new musical therapy program at Utah State Hospital under the title "Music Comes to Utah State." "A World in Slow Motion" describes the training of mental defectives at the Woodbine (N. J.) Colony. The third is a fire emergency questionnaire designed to help aides check on their methods of fire prevention.

The Illinois Department of Public Health has put out two pamphlets, both called *You Can Do Something About Mental Health*, covering the proceedings of the 1950 annual meeting of the Illinois Society for Mental Hygiene. One deals with civic contributions to the mental health program in the state and the other with professional participation in it. Copies are available from the Illinois Society for Mental Hygiene, 123 W. Madison St., Chicago 2.

The National Institute of Mental Health has published a series of vocational pamphlets, *Careers in Mental Health*. A separate booklet has been produced for the psychiatrist, the psychologist, the psychiatric social worker, and the psychiatric nurse. One larger pamphlet also combines these four vocations. Copies are available at M.H.S.

### REPRINTS AVAILABLE

*Architectural Record* has contributed a limited number of reprints of "Contemporary Mental Hospital Types," which ap-

peared in its October issue, to M.H.S. As long as the supply lasts, we shall be glad to mail a copy on request.

## CONSTRUCTION

### INTERIOR DECORATION AS A THERAPEUTIC MEASURE 12-20

A NUMBER OF UNIQUE IDEAS in interior decorating are embodied in the ward decor at Camarillo (Calif.) State Hospital. Some of them are the results of solving problems in decorating such as the arched windows in the receiving ward. These windows were difficult to hang with draperies because of the irregular shape, yet looked unattractive with no adornment. Hence, the hospital hit upon the idea of painting a border of California flowers around the window frames. The design also carries the common and botanical names of each, thus serving an educational as well as a decorative purpose.

Other interior improvements are the by-products of occupational therapy projects. The lobby of the visiting room, for example, is brightened by a mural, done by a group of patients, depicting tropical fish and an under-water panorama. The adjoining visiting room is executed in Hawaiian motifs, with a colored map of the Islands painted on one wall. A fine mural in one of the cafeterias was painted by a former artist patient.

The hospital also makes extensive use of foto-murals. They are relatively inexpensive and lend a spacious effect. A large aerial picture of the hospital grounds adorns the main lobby, where it is much admired by visitors.

The wards are painted in pastel tones, with the walls and ceilings of contrasting color harmonies. Beds are painted to match the walls, and the spreads are of complementing shades. Bedside chairs have colorful plastic upholstery. (The hospital considers chrome furniture "cold" and prefers to use good modern furnishings).

Framed reproductions of standard works of art, as well as paintings by talented patients, are used throughout. A neighboring art gallery has loaned the hospital 25 excellent paintings which can be exchanged for new exhibits at any time.

Lamps and drapes are used in all day rooms, even on the disturbed wards. The hospital's ceramics workshop supplies vases and ash trays.

The total effect evidences more than adherence to modern decorating principles—it reflects recognition of a beautiful environment as an invaluable aid to the more direct therapeutic efforts employed in healing troubled minds.

## PUBLIC RELATIONS

### MEDICAL BANQUET 4-31

APPROXIMATELY TWENTY-FIVE MEMBERS of the Idaho Southeastern Medical Association and their wives recently held a banquet and a business meeting at the State Hospital South in Blackfoot.

Volunteers served the banquet which was prepared by the hospital chefs. White linen, autumn flowers, and candles decorated the tables.

After dinner the doctors held a business meeting, and their wives adjourned to the lounge in the Nurses' Home for their auxiliary meeting.